

## 8-10 MONTHS

At 8 months your baby will probably be eating baby cereal, vegetables and fruit, as well as breastmilk or formula. Your baby will be drinking juice from a cup.

### Between 8 and 10 months is the time to gradually add these foods:

- Plain, finely ground, or small pieces of tender, cooked meats and chicken
- Juice from a cup
- Wheat cereal
- Mashed, cooked beans
- Finger foods such as: dry toast pieces, crackers, or unsweetened dry cereals; cooked rice or noodles; cooked pieces of vegetables; soft pieces of fruit

*Do not add honey to your baby's food or pacifier. It can cause food poisoning.*

Keep your baby on breastmilk or formula. Do not give your baby soda pop, or other sweet drinks.



## Helpful Hints

- **Babies and children like regular routines.** Try to keep to a routine of regular meals, naps and bedtimes.
- **Talk to your baby at mealtime.** Make it a happy time together.
- **If your baby refuses a food, try it again another time.** It takes awhile for your baby to get used to new tastes.
- **Don't put baby to bed with a bottle.** Hold your baby during feeding and then put baby in the bed.

### Notes for Feeding Your Baby:

Adapted from the Louisiana WIC Program nutrition education materials and may not be revised or reproduced without permission from the Louisiana WIC Program.

Department of Health and Family Services  
Division of Public Health  
POH 4872 (09/98)

State of Wisconsin

